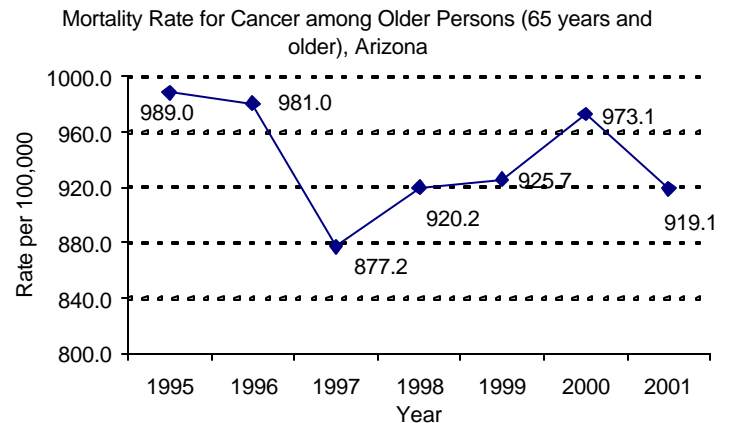


What is the magnitude of the problem?

Nationwide cancer is the second leading cause of death for women and men. This is of special concern for older adults since the incidence of cancer increases with age. In 2001 cancer of the lungs, bronchus, and trachea were the leading cause of cancer deaths in Arizona among persons age 65 and older with a rate of 255.7 per 100,000.



Source: *Arizona Health Status and Vital Statistics, Arizona, 2001*

What is the cost?

Overall costs related to cancer in the United States for 2001 were at \$156.7 billion, both direct and indirect. In Arizona, costs for hospitalizations due to cancer were approximately at \$282.5 million, with individual hospitalizations costing an average of \$25,781 with an average length of stay of six days. Hospitalization data are from state hospitals only; federal facilities (Veterans Affairs and Indian Health Services) are not included.

Who is at risk?

Most cases of cancer affect adults beginning in middle age. Certain behaviors, such as cigarette smoking, physical inactivity and a diet high in calories and fat have been associated with an increased risk of developing cancer.

What is our response?

Prevention and/or early detection of cancer are important. Early screening for cancers; such as breast, cervical, prostate and colon cancer may result in better success with effective treatment. Knowing the symptoms and signs for early detection are essential. A healthy lifestyle may reduce the risk for developing cancer and includes:

- A healthy diet with five or more servings of fruits and vegetables every day, good nutritional sources of protein, and by limiting the amount of fats.
- Include physical activity for 30 minutes or more in each day.
- Maintain a healthful weight.
- Avoid cigarette smoking and limit alcohol consumption.
- Wear protective clothing and/or sunscreen when outdoors and avoid artificial sources of light such as tanning beds.

Knowing the signs and symptoms of cancer are also important. The following are some signs and symptoms:

- A nagging cough and hoarseness
- Indigestion or difficulty swallowing
- A sore that does not heal
- Unusual bleeding or discharge
- An unusual lesion or sore on the skin

To learn about Healthy Aging 2010, please contact Ramona Rusinak at (602) 542-1223 or visit the Healthy Aging 2010 website at <http://www.hs.state.az.us/phs/healthyaging2010.htm>